

# Hemorrhoids

Hemorrhoids are the swollen veins around the anus and rectum that protrude from the anus. A very painful and uncomfortable condition it is also referred to as piles. They are very much like varicose veins; they enlarge and lose their elasticity, resulting in sac like protrusions in the anal canal. Symptoms include itching, burning, pain, inflammation, swelling, irritation, seepage and even bleeding. They can be caused or aggravated by prolonged periods of sitting or standing, violent coughing, lifting heavy objects and when constantly straining when emptying

## Dietary considerations...

It is important while experiencing symptoms of hemorrhoids to avoid animal meats and products, fats, coffee, alcohol and hot spices. Instead focus on high fiber foods like wheat bran, oats, vegetables, apples, beets, brazil nuts, broccoli, cabbage, carrots, green beans

## Hemorrhoid creams

## Soothing Bath

To relieve the pain and discomfort associated with hemorrhoids try this healing bath.

Place ½ cup of Epsom salts into warm bath water and soak in the water for 20

## Preventative actions...

Don't strain while on the toilet, simply drink more water and take a gentle walk until you feel the urge to move your bowels again.

Implore correct lifting techniques – use your legs.

Ensure you get regular moderate exercise and keep your weight at a healthy level.